

**Full Report (All Nutrients) 09135, Grape juice, canned or bottled, unsweetened, without added ascorbic acid <sup>a</sup>**

Report Date:October 24, 2015 21:35 EDT

Nutrient values and weights are for edible portion.

**Food Group : Fruits and Fruit Juices****Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 253g	1 fl oz 31.6g
<b>Proximates</b>						
Water <sup>1 2</sup>	g	84.51	5	0.888	213.81	26.71
Energy	kcal	60	--	--	152	19
Energy	kJ	252	--	--	638	80
Protein <sup>1 2</sup>	g	0.37	5	0.012	0.94	0.12
Total lipid (fat) <sup>1 2 3</sup>	g	0.13	7	0.078	0.33	0.04
Ash <sup>1 2</sup>	g	0.22	4	0.058	0.56	0.07
Carbohydrate, by difference	g	14.77	--	--	37.37	4.67
Fiber, total dietary <sup>1</sup>	g	0.2	1	--	0.5	0.1
Sugars, total	g	14.20	--	--	35.93	4.49
Sucrose <sup>1 2</sup>	g	0.04	5	0.037	0.10	0.01
Glucose (dextrose) <sup>1 2</sup>	g	6.81	5	0.026	17.23	2.15
Fructose <sup>1 2</sup>	g	7.36	5	0.062	18.62	2.33
Lactose <sup>1 2</sup>	g	0.00	5	0.000	0.00	0.00
Maltose <sup>1 2</sup>	g	0.00	5	0.000	0.00	0.00
Galactose <sup>1</sup>	g	0.00	1	--	0.00	0.00
<b>Minerals</b>						
Calcium, Ca <sup>1 4 5 6</sup>	mg	11	10	0.306	28	3
Iron, Fe <sup>1 2 4 5 6</sup>	mg	0.25	13	0.070	0.63	0.08
Magnesium, Mg <sup>1 2 4 5 6</sup>	mg	10	14	0.910	25	3
Phosphorus, P <sup>1 2 4 5 6</sup>	mg	14	14	1.284	35	4
Potassium, K <sup>1 4 5 6</sup>	mg	104	9	5.291	263	33
Sodium, Na <sup>1 2 4 5 6</sup>	mg	5	14	0.623	13	2

Nutrient	Unit	1			1 cup 253g	1 fl oz 31.6g	
		Value Per 100 g	Data points	Std. Error			
Zinc, Zn <a href="#">1</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	mg	0.07	10	0.009	0.18		0.02
Copper, Cu <a href="#">1</a> <a href="#">2</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	mg	0.018	14	0.004	0.046		0.006
Manganese, Mn <a href="#">1</a> <a href="#">2</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	mg	0.239	14	0.024	0.605		0.076
Selenium, Se <a href="#">2</a>	µg	0.0	4	--	0.0		0.0
Fluoride, F <a href="#">1</a> <a href="#">7</a> <a href="#">8</a>	µg	138.0	32	65.977	349.1		43.6
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	0.1	--	--	0.3		0.0
Thiamin <a href="#">1</a>	mg	0.017	1	--	0.043		0.005
Riboflavin <a href="#">1</a>	mg	0.015	1	--	0.038		0.005
Niacin <a href="#">1</a>	mg	0.133	1	--	0.336		0.042
Pantothenic acid <a href="#">1</a>	mg	0.048	1	--	0.121		0.015
Vitamin B-6 <a href="#">1</a>	mg	0.032	1	--	0.081		0.010
Folate, total <a href="#">1</a>	µg	0	1	--	0		0
Folic acid <a href="#">1</a>	µg	0	1	--	0		0
Folate, food <a href="#">1</a>	µg	0	--	--	0		0
Folate, DFE	µg	0	--	--	0		0
Choline, total <a href="#">1</a>	mg	3.2	--	--	8.1		1.0
Betaine <a href="#">1</a>	mg	0.2	1	--	0.5		0.1
Vitamin B-12	µg	0.00	--	--	0.00		0.00
Vitamin B-12, added	µg	0.00	--	--	0.00		0.00
Vitamin A, RAE	µg	0	--	--	0		0
Retinol	µg	0	--	--	0		0
Carotene, beta	µg	5	--	--	13		2
Carotene, alpha	µg	0	--	--	0		0
Cryptoxanthin, beta	µg	0	--	--	0		0
Vitamin A, IU	IU	8	--	--	20		3
Lycopene	µg	0	--	--	0		0
Lutein + zeaxanthin	µg	57	--	--	144		18
Vitamin E (alpha-tocopherol) <a href="#">3</a> <a href="#">9</a>	mg	0.00	3	0.000	0.00		0.00
Vitamin E, added	mg	0.00	--	--	0.00		0.00
Tocopherol, beta <a href="#">3</a> <a href="#">9</a>	mg	0.00	3	0.000	0.00		0.00
Tocopherol, gamma <a href="#">3</a> <a href="#">9</a>	mg	0.00	3	0.000	0.00		0.00

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		Value Per 100	Data points	Std. Error			
	g						
Tocopherol, delta <sup>3,9</sup>	mg	0.00	3	0.000	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone) <sup>10</sup>	µg	0.4	1	--	1.0	0.1	
<b>Lipids</b>							
Fatty acids, total saturated	g	0.025	--	--	0.063	0.008	
4:0	g	0.000	--	--	0.000	0.000	
6:0	g	0.000	--	--	0.000	0.000	
8:0	g	0.000	--	--	0.000	0.000	
10:0	g	0.000	--	--	0.000	0.000	
12:0	g	0.000	--	--	0.000	0.000	
14:0	g	0.001	1	--	0.003	0.000	
16:0	g	0.021	1	--	0.053	0.007	
18:0	g	0.003	1	--	0.008	0.001	
Fatty acids, total monounsaturated	g	0.003	--	--	0.008	0.001	
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	
18:1 undifferentiated	g	0.003	1	--	0.008	0.001	
20:1	g	0.000	--	--	0.000	0.000	
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	
Fatty acids, total polyunsaturated	g	0.022	--	--	0.056	0.007	
18:2 undifferentiated	g	0.017	1	--	0.043	0.005	
18:3 undifferentiated	g	0.005	1	--	0.013	0.002	
18:4	g	0.000	--	--	0.000	0.000	
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	
Cholesterol	mg	0	--	--	0	0	
<b>Amino Acids</b>							
Threonine	g	0.016	18	--	0.040	0.005	
Isoleucine	g	0.007	18	--	0.018	0.002	
Leucine	g	0.012	18	--	0.030	0.004	

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		Value Per 100	Data points	Std. Error		
Lysine	g	0.010	18	--	0.025	0.003
Methionine	g	0.001	3	--	0.003	0.000
Phenylalanine	g	0.012	18	--	0.030	0.004
Tyrosine	g	0.003	17	--	0.008	0.001
Valine	g	0.010	18	--	0.025	0.003
Arginine	g	0.047	18	--	0.119	0.015
Histidine	g	0.007	18	--	0.018	0.002
Alanine	g	0.086	18	--	0.218	0.027
Aspartic acid	g	0.022	18	--	0.056	0.007
Glutamic acid	g	0.110	18	--	0.278	0.035
Glycine	g	0.012	18	--	0.030	0.004
Proline	g	0.016	18	--	0.040	0.005
Serine	g	0.013	18	--	0.033	0.004
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
<b>Flavonoids</b>						
Anthocyanidins						
Cyanidin <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">28</a> <a href="#">29</a> <a href="#">30</a> <a href="#">31</a>	mg	0.89	13	0.18	2.25	0.28
Petunidin <a href="#">11</a> <a href="#">12</a> <a href="#">31</a>	mg	1.01	3	0	2.56	0.32
Delphinidin <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">28</a> <a href="#">29</a> <a href="#">30</a> <a href="#">31</a>	mg	1.92	13	0.39	4.86	0.61
Malvidin <a href="#">29</a> <a href="#">31</a>	mg	11.17	11	2.73	28.26	3.53
Pelargonidin <a href="#">12</a> <a href="#">30</a>	mg	0.01	2	--	0.03	0.00
Peonidin <a href="#">11</a> <a href="#">12</a> <a href="#">28</a> <a href="#">29</a> <a href="#">31</a>	mg	1.06	11	0.27	2.68	0.33
Flavan-3-ols						
(+)-Catechin <a href="#">17</a> <a href="#">29</a>	mg	0.81	24	0.09	2.05	0.26
(-)-Epicatechin <a href="#">17</a> <a href="#">29</a> <a href="#">31</a>	mg	0.55	27	0.07	1.39	0.17
Flavones						
Apigenin <a href="#">18</a> <a href="#">30</a> <a href="#">32</a>	mg	0.01	3	0	0.02	0.00
Luteolin <a href="#">18</a> <a href="#">30</a> <a href="#">32</a>	mg	0.01	3	0	0.03	0.00
Flavonols						
Kaempferol <a href="#">13</a> <a href="#">15</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a> <a href="#">21</a> <a href="#">30</a> <a href="#">32</a>	mg	0.01	3	0	0.02	0.00

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 253g	1 fl oz 31.6g
Myricetin <a href="#">13</a> <a href="#">15</a> <a href="#">18</a> <a href="#">19</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">30</a> <a href="#">31</a> <a href="#">32</a>	mg	0.69	6	0.19	1.75	0.22
Quercetin <a href="#">13</a> <a href="#">15</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">30</a> <a href="#">31</a> <a href="#">32</a>	mg	0.71	6	0.23	1.80	0.22

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6f, 2002 Beltsville MD

<sup>2</sup>Welch's Nutrient content of Welch's purple and white grape juices, 2008

<sup>3</sup>Nutrient Data Laboratory, ARS, USDA Nutrient Analysis of Selected Foods, University of Georgia, 1987 Beltsville MD

<sup>4</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

<sup>5</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1989

<sup>6</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1990

<sup>7</sup>Mary Kiritsy, Steven Levy, John Warren, Nupur Guha-Chowdhury, Judy Heilman, Teresa Marshall Assessing Fluoride Concentrations of Juices and Juice-Flavored Drinks, 1996 JADA 127 pp.895-902

<sup>8</sup>Jan Stannard, Youn Soo Shim, Maria Kritisneli, Panagiota Labropoulou, Anithi Tsamtsouris Fluoride Levels and Fluoride Contamination of Fruit Juices, 1991 The Journal of Clinical Pediatric Dentistry 16 pp.38-40

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<sup>10</sup>S.L. Booth, J.A. Sadowski, J.A. T. Pennington Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579

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**Footnotes**

<sup>a</sup> Includes purple and white grape juice